



@MCSHaWCenter



@centershaw

MC SHaW Center

Follow us on Social Media for Updates on:

- Mobile Market
- Mental Health First Aid
- BITB (Bringing In the Bystander) Workshops
- Mindful Mondays
- Domestic and Sexual Violence Programming
- Grab N Go Snack Bags
- Brain Break
- Lunch on the Go
- Panera Bread DoughNations
- Flu Shots
- SHaW Center Fair

AND MORE....



shawcenter@montgomerycollege.edu

MONTGOMERY COLLEGE

Student Health and Wellness (SHaW) Center for Success Personal Hygiene Care Campaign



July 1–August 30, 2019

Support Montgomery College students by providing personal hygiene products. While many donations focus on food or clothing, personal care items are needed, too.

Items Needed

Feminine care products, dental floss, toothpaste, toothbrushes, soap, lotion, deodorant, lip balm

Ways to Donate

- **Drop Off Donations at Two Locations**

Bring your personal hygiene donations to the fall 2019 Collegewide opening meeting on August 26, 9 a.m., in the Robert E. Parilla Performing Arts Center at the Rockville Campus.

Drop off your personal hygiene items to the Office of the Senior Vice President for Student Affairs in the Central Services Building (CT), 9221 Corporate Boulevard.

- **Order Donations Online for Delivery or Pickup**

Order your personal hygiene items from the online registry at Target or Walmart.

Target Gift Registry: Visit tgt.gifts/SHAWCENTER

Walmart Events Registry: Visit walmart.com/cp/events-registry/3774807 and search for Montgomery College SHAW Center.

Have items shipped directly to the registrant address or save delivery costs and schedule an in-store pickup at the Germantown Target or Walmart. Please authorize Carmen Poston Travis, Director of Student Affairs and Initiatives, to pick up the items.

More Information

Call 240-567-5253 or email shawcenter@montgomerycollege.edu.

Sponsored by the SHaW Center and the MC Chapter of American Association for Women in Community Colleges

Follow Us    /mcshawcenter  @centershaw

Or visit the SHaW Center website: montgomerycollege.edu/life-at-mc/student-health-and-wellness



montgomerycollege.edu | 240-567-5000

Montgomery College is an academic institution committed to equal opportunity.

Community Resource Fair 2019

Sep 19th
GT

HT Atrium

11:00am - 1:00pm

Oct 1st
TP/SS

ST Atrium

11:00am - 1:00pm

Oct 10th
RV

Outside SA & TA

11:00am - 1:00pm

Learn about the organizations serving each area,
and their no-cost or low-cost resources.

- Food
- Job resources
- Environmental
- Housing
- Mental Health
- Social
- Medical
- IPV
- Energy-savings
- Receive a free flu vaccine! (RV and TP/SS Campuses Only.)
and more..!

Montgomery County Food Council, Amerigroup, Holy Cross Hospital, and more!

Follow us on social media for more updates:



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MC MONTGOMERY COLLEGE SHaW Center



Before you cancel class/If you
are giving extra credit... Offer
these Everfi compliance courses

Substance Abuse Prevention
Sexual Assault Prevention
Diversity and Inclusion
Prevention for College Athletics
Mental Health and Wellness



Student Catalog

Substance Abuse Prevention Suite

AlcoholEdu for College

60-90 min

Alcohol awareness, prevention and training for students.

AlcoholEdu for Sanctions

30 min

Sanctions course for alcohol policy violators.

AlcoholEdu Ongoing Education

25 min

Ongoing alcohol and substance abuse prevention training for students.

Prescription Drug Abuse Prevention

30-40 min

Knowledge, skills and tools to help students make healthy, informed decisions about prescription medications.

Sexual Assault Prevention Suite

Sexual Assault Prevention for Undergraduates

60 min

Title IX and Clery Act training that engages undergraduate students in fostering healthy relationships and preparing them to recognize and respond to sexual assault and harassment when it occurs.

Sexual Assault Prevention for Adult Learners

45 min

Title IX and Clery Act training for non-traditional students that emphasizes identifying abuse in long-term relationships and bystander intervention for in-person and online situations.

Sexual Assault Prevention for Graduate Students

45 min

Title IX and Clery Act training to support graduate students interactions with advisors, faculty members, peers, and undergraduate students (including responding to disclosures).

Sexual Assault Prevention for Community Colleges

45 min

Title IX and Clery Act training to identify and respond to sexual assault on campus, in the workplace, and at home.

Sexual Assault Prevention (Cont.)

Sexual Assault Prevention Ongoing Education

25 min

Ongoing training that emphasizes healthy relationship skills, tactics for bystander intervention among close friends, and survivor empathy.

Diversity and Inclusion

Diversity, Equity & Inclusion for Students

45 min

Equip students with information and skills to foster a culture of inclusive excellence.

Prevention for College Athletics

Sexual Assault Prevention for Student Athletes

45 min

Student-athlete training to address the NCAA Policy on Campus Sexual Violence.

Sexual Assault Prevention for Athletic Staff

45 min

Training for athletic administrators to address the NCAA Policy on Campus Sexual Violence.

Mental Health and Wellness

Mental Well-Being for Students

30 min

Equip students with information and skills to support the emotional well-being of themselves and others.



**MONTGOMERY
COLLEGE**

**Student Health and Wellness (SHaW) Center for Success
Mental Health and Wellness**

Montgomery College understands that when talking about student wellness, mental health must also be included in the discussion. Promoting and fostering mental wellness has been shown to improve academic performance and increase graduation rates.

Along with rigorous course loads, our students juggle full-time jobs, military service, families, and other areas of a full life. The stress that college students, especially community college students, face can lead to more serious problems if not identified early and addressed. Students do not have to face these challenges alone, and the college community has resources and programming, both in the community and on campus, to help students get and stay mentally healthy.



SHaW provides a variety of mental health trainings and events to students, faculty and staff on topics related to Substance Abuse, Eating Disorders, Depression, Suicide and others. Mental Health First Aid is also provided periodically throughout the year on each campus. The SHaW Center runs Mindful Mondays each week during the semester at the Rockville Campus and Brain Break activities at midterms on each campus as a way for students to relieve stress. A running list of events can be found on the Mental Health portion of the SHaW Center website.

Fall 2019 Events

Suicide Prevention Month

- Activities Table
 - TPS 9/5- 12-2 ST Atrium
 - RV 9/12- 12-2 Outside TA Building
 - GT 9/19- 12-2 HT Building
- “Recognizing and Responding to a Suicidal Crisis”- James Gilmore, LCSWC (Montgomery County Crisis Center) and Rachel Larkin, MSW (EveryMind)
 - TPS 9/5- 1-2 ST 302
 - RV 9/12- 1-2 CC 205
 - GT 9/19- 12-2 HT 406

Mindful Mondays

- Every Monday September 9th -December 9th from 12-1pm
- Rockville SC 361

Recovery Month

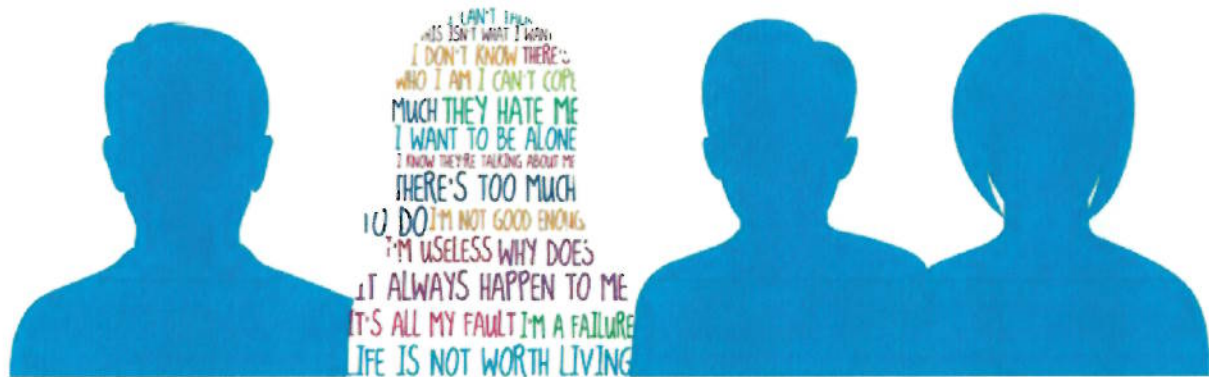
- Local substance abuse providers will be attending September Mobile Markets on each campus to provide information about their programs

Domestic Violence Awareness Month

- “Domestic Violence and Sexual Assault 101” -Lauren Pires, Outreach and Training Program Manager, Asian/Pacific Islander Domestic Violence Resource Project
- October 8th 1pm-2pm TPSS ST 301

Brain Break

- Oct 22nd RV Outside between TA and SS 11am-2pm
- Oct 23rd GT Bookstore Lobby 11am-2pm
- Oct 24th TPSS ST Atrium 11am-2pm



1 in 4 MENTAL HEALTH AWARENESS

Student Health and Wellness Center for Success

Give yourself a little

BRAIN BREAK!



- De-stress and declutter your mind!
- Get involved in fun activities!
- Learn what it means to be mindful!

RV

Oct 22nd

11am - 2 pm

Between the TA
and SS buildings

GT

Oct 23rd

11am - 2 pm

Bookstore lobby

TP/SS

Oct 24th

11am - 2 pm

ST Atrium

Follow us on social media for more updates:



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To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/

Student Health and Wellness Center for Success

Domestic Violence & Sexual Assault in the Asian / Pacific Islander Community



DVRP 

Asian/Pacific Islander
Domestic Violence Resource Project

www.facebook.com/APIDVRP



@APIDV



@APIDV

October 8th 1pm-2pm
TP/SS ST301

Presenter: Lauren Pires
Outreach & Training Program Manager

Gender-based violence is a global epidemic and no one culture is more susceptible to violence. We also know that violence manifests uniquely in each culture and needs cultural specific responses.

In this training, we'll talk about what domestic violence and sexual assault can look like in the Asian/Pacific Islander community and how to build culturally-specific resources for survivors.

Follow the SHaW Center on social media for more updates:



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Mindful Mondays

Life is stressful, but anyone can learn to cope.
Practicing mindfulness can help reduce stress
and improve memory.

Join us for a 15-minute guided mindfulness activity,
followed by 45 minutes of quiet stress relieving activities.



Every Monday
Sept 9, 2019 - Dec 9, 2019
From 12:00 pm to 1:00 pm

Location:
Science Center 361
Rockville Campus

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Suicide Prevention Month

Suicide is the 10th leading cause of **death** in the US and is on the rise. Many people of all ages and ethnicities have **suicidal** thoughts, which is why it's so important to learn what warning signs to look out for and how to talk to someone you think might be **suicidal**.

Want a chance to win some prizes? Come visit our tables to learn more about suicide prevention and local crisis hotlines from EveryMind and Montgomery County Crisis Center professionals.

TPSS 9/5- 12-2 ST Atrium
RV 9/12- 12-2 Outside TA Bldg
GT 9/19- 11-1 HT Building

“Recognizing and Responding to a Suicidal Crisis.”

- **James Gilmore**, LCSWC (MC Crisis Center) and **Rachel Larkin**, MSW (EveryMind)

TPSS 9/5- 1-2 ST 302
RV 9/12- 1-2 CC 205
GT 9/19- 12-1 HT 406

Are you in crisis? Call 24/7

(301) 738-2255

(240) 777-4000



Montgomery County
Crisis Hotline



@mcshawcenter



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montgomerycollege.edu/life-at-mc/student-health-and-wellness/

MONTGOMERY COLLEGE MOBILE MARKET

STUDENT HEALTH AND WELLNESS (SHaW) CENTER FOR SUCCESS
Fuel for Success Food Initiative

2019-20 CAMPUS MARKET DATES

The Mobile Food Market offers fresh produce and other foods **at no cost** to MC students, faculty/staff, and the community.

Germantown Campus

Outside the Student Affairs Building (SA)
(High Tech (HT) 2nd floor
for inclement weather)

10 a.m.–noon

Fall 2019

September 4
October 2
October 30
November 20

Spring 2020

February 5
March 4
April 1
April 22

Rockville Campus

Outside North Garage
(1st floor mobile entrance, North
Garage for inclement weather)

10 a.m.–noon

Fall 2019

September 11
October 9
November 6
December 4

Spring 2020

February 12
March 18
April 8
April 29

Takoma Park/ Silver Spring Campus

Outside Student Services Building (ST)
(ST atrium for inclement weather)

2–4 p.m.

Fall 2019

September 18
October 16
November 13
December 11

Spring 2020

February 19
March 25
April 15
May 6

Food availability is based on a first-come, first serve basis. Bring bags to carry food. No proof of eligibility required.

To learn more about the Montgomery College's Fuel for Success Initiative or to register as a market volunteer, visit montgomerycollege.edu/fuelforsuccess. Students can register to volunteer at montgomerycollege.edu/givepulse.



Contact

Carmen Poston Travis: 240-567-5253
carmen.poston@montgomerycollege.edu

Benita Rashaw: 240-567-4389
benita.rashaw@montgomerycollege.edu



[/mcshawcenter](https://www.instagram.com/mcshawcenter)



[@centershaw](https://twitter.com/centershaw)

Student Health and Wellness Center for Success

UPCOMING EVENTS

Fuel for Success Food Campaign
Germantown Campus
Fall 2019 / Spring 2020

*With the exception of Mobile Markets, offerings are for students only and are distributed on a first come, first serve basis.



Lunch on the Go

12 - 2PM

PK Atrium

September 24

BE Atrium

October 7

November 12

HT 1st Floor

February 4

March 23

April 28



Mobile Market

10AM - 12PM

Outside of SA

*(inclement weather location,
HT 2nd floor)

September 4

October 2

October 30

November 20

February 5

March 4

April 1

April 22



Grab & Go Snack Bags

12 - 2PM

Outside of SA/HS Near Bookstore

September 10

October 23

PK Atrium

December 10

HT 1st Floor

January 29

March 3

May 5

Follow us on social media for more updates:



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Student Health and Wellness Center for Success

UPCOMING EVENTS

Fuel for Success Food Campaign
Rockville Campus
Fall 2019 / Spring 2020

*With the exception of Mobile Markets, offerings are for students only and are distributed on a first come, first serve basis.



Lunch on the Go

12 - 2PM
SC Atrium

September 25
October 15
November 19

February 6
March 24
April 23



Mobile Market

10AM - 12PM
North Garage

September 11
October 9
November 6
December 4

February 12
March 18
April 8
April 29



Grab & Go Snack Bags

12 - 2PM
Outside of TA/CC near café

September 12
October 23
December 9

January 30
March 2
May 7

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Student Health and Wellness Center for Success

UPCOMING

Fuel for Success Food Campaign

TP/SS Campus

EVENTS

Fall 2019 / Spring 2020

*With the exception of Mobile Markets, offerings are for students only and are distributed on a first come, first serve basis.



Lunch on the Go

12 - 2PM
ST Atrium



Mobile Market

2 - 4PM
ST Atrium



Grab & Go Snack Bags

12 - 2PM
ST Atrium

September 26
October 8
November 21

February 11
March 25 *10:30AM
- 12:30PM
April 27

September 18
October 16
November 13
December 11

February 19
March 25
April 15
May 6

September 5
October 24
December 3

January 28
March 9
May 12

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To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/

Fuel For Success Food Campaign

Panera Baked Goods

Sponsored by the SHaW Center Fuel for Success Initiative in collaboration with the Office of Student Life.

RV

What's Happening Window

CC106

11am-1pm

9/3

9/24

10/15

11/5

11/26

12/10

GT

Outside of HS011

10am-11:15am

9/10

10/1

10/22

11/12

12/3

TPSS

Contact TPSS

Student Life

9/17

10/8

10/29

11/19

12/10

Sponsored
by:

MC
SHaW Center

Student Life
Montgomery College

Panera
BREAD

The MC Mentoring Network

The MC Mentoring Network is available to all MC students. It provides opportunities to connect experienced professionals (mentor) with individuals (mentee) who seek to develop academic and professional skills and make progress toward personal and



Who is a Mentor?

A mentor is someone who can help the mentee develop skills for success and long-range career planning, is able to be a good listener, is willing to share experiences, is willing to commit time and effort, has a vested interest in the growth and development of their mentee.

Benefits to the mentor:

- ♦ Satisfaction in helping someone progress and achieve goals
- ♦ Meeting and sharing experiences with other mentors
- ♦ Personal ongoing support to help

Who is a Mentee?

Having a mentor can contribute to a successful and satisfying career. Without a mentor, learning occurs mostly through trial and error. Being a mentee shortens the learning curve for acquiring new skills and knowledge for a fruitful career.

Benefits to the mentee:

- ♦ Maximize your strengths
- ♦ Expand your personal network
- ♦ Discover new talents
- ♦ Academic and career satisfaction

Request a mentor or request to be a mentor at the MC Mentoring Network website today!

<https://www.montgomerycollege.edu/life-at-mc/mentoring-network/index.html>

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Contact Angela Dawson at

angela.dawson@montgomerycollege.edu or 7-9189

Make a difference in a Montgomery College student's life!



Become a Mentor! Join the MC Mentoring Network!

Fall 2019 Mentoring Orientation and Training

All sessions are from 1:00pm-2:00pm

Dates	Session Title	Location
Thursday, September 12, 2019	"Role of a Mentor: The importance of mentors for student success"	SC152, Rockville
Tuesday, September 17, 2019	"Mentor Skills and Competencies: Foundational skills for effective mentoring"	SC152, Rockville
Friday, October 11, 2019	"Role of a Mentor: The importance of mentors for student success"	HS214, Germantown
Tuesday, October 15, 2019	"Mentor Skills and Competencies: Foundational skills for effective mentoring"	HS214, Germantown
Thursday, November 7, 2019	"Role of a Mentor: The importance of mentors for student success"	HC124, Takoma Park/Silver Spring
Tuesday, November 12, 2019	"Mentor Skills and Competencies: Foundational skills for effective mentoring"	HC124, Takoma Park/Silver Spring

Register for the session (s) at <https://www.surveymonkey.com/r/MentoringNetworkTraining>



BITB Training



Help create a
**Culture of
Respect** at MC by
becoming a BITB
Trainer.

BITB training teaches bystanders how to safely intervene before, during, and after an incident of sexual violence, domestic violence and stalking.

- ♦ Interactive, researched, and evaluated curriculum that uses a community of responsibility approach.

Contact Angela Dawson, VAWA Coordinator, for more information at

Promoting Healthy Relationships and Safe Learning at MC!



Safety Planning can save LIVES!!!

- Are you in a healthy relationship? Take the quiz to find out: <https://www.loveisrespect.org/printable-quizzes/>
- Are you a good partner? Find out at <https://www.loveisrespect.org/printable-quizzes/>
- Do you have a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you're in danger (**Safety Plan**)? If not, get your **Safety Plan** at <https://www.loveisrespect.org/for-yourself/safety-planning/>

Please contact Angela Dawson, VAWA Coordinator for assistance or referral to resources, 7-9189 or angela.dawson@montgomerycollege.edu

SpeakUpMC
Voices Against Sexual Violence

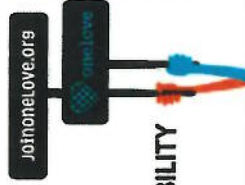


10 SIGNS OF AN

UNHEALTHY RELATIONSHIP

Understanding these behaviors can help you figure out if you're in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control and can have a negative impact on your wellbeing or day-to-day life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.

1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTling
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY



10 SIGNS OF A

HEALTHY RELATIONSHIP

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. At the end of the day, the below characteristics in a healthy relationships make you feel confident and supported.

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY

